

Smooth Skin

intense pulsed light permanent hair reduction

- salon technology for use in the home
- incredibly effective results and easy to use

INSTRUCTIONS FOR USE



Selecting your correct skin tone

After reading the Warnings and Safety Information on pages 6 – 8 use the Skin Tone chart to select the Boots Smooth Skin system setting that most closely matches the area you want to treat.

If you are unsure about your skin tone, always use a darker setting, which delivers a more gentle treatment.

Boots Smooth Skin is not effective on;

- Red hair
- Grey or white hair

If there is no
 Skin Tone chart sticker
 on this page, DO NOT use the
 Boots Smooth Skin system.
 Use the online Skin Tone Calculator
 on www.boots.com/smoothskin
 or call the Boots Careline on
 0845 120 1511 to obtain
 replacement instructions.

WARNING DO NOT USE;

- If the skin to be treated is darker than the dark skin tone shown on the Skin Tone chart.
- If you have a parent or grandparent who is naturally dark skinned, for example of Indian, Pakistani, Black Caribbean, Black African or Bangladeshi descent, even if your skin tone is Fair, Medium or Dark on the Skin Tone chart. Darker skin tones absorb too much light during treatment which may cause serious skin injury.
- On areas that have been fake or naturally tanned in the last 30 days.

See Appendix B for further help and advice about identifying your skin tone.

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How to use summary

This is a summary and a memory aid and not a replacement for the full instructions—which you need to read fully.

Keep these instructions, you may need to refer to them in the future.

The Boots Smooth Skin system is not suitable for everyone.

1. Ensure your skin type is suitable by reading the Warnings and Safety Information on pages 6 – 8 of these instructions before using.
2. Assess your skin tone of the area you wish to treat using the Skin Tone chart on page 2.
3. Remember to patch test a small area of skin (see section 3, page 10) and wait for 48 hours to ensure no adverse reactions occur in this time.
4. Shave or trim the area to be treated.
5. Turn on and press the skin tone button to choose your correct skin tone. The gentlest setting is Dark, then Medium, then Fair. If in doubt choose a darker setting.
6. Always apply a **thick** layer of refrigerated Activator Gel to the area to be treated. DO NOT rub the gel into the skin. The Gel will help minimise any discomfort and also aid in showing the areas treated.
7. Press 'Ready'. After 6 seconds the flashing red light will stop and remain on constantly.
8. Hold handset to the skin. The trigger button will turn red to indicate correct positioning on the skin.
9. Press trigger button to cause a flash.
10. Move to next area and repeat treatment.

For further help and advice please contact larger Boots stores or visit www.boots.com/smoothskin or phone the Boots Careline on 0845 120 1511.

Recommended additional products

When using the Boots Smooth Skin system there are additional products that we recommend you use to get the best results.

- Fragrance-free moisturiser
- Fragrance-free SPF30 lotion (if treated area is exposed to sun)
- Cooling gel packs and fragrance-free moisturiser for cooling and soothing the treated area.
- White eyeliner pencil, card and surgical tape for marking out and protecting delicate areas which cannot be treated with the Boots Smooth Skin system
- Spatula for applying and removing Activator Gel, a waxing spatula would be suitable

Welcome to the Boots Smooth Skin system

What the Boots Smooth Skin system can do for you

The Boots Smooth Skin system is an Intense Pulsed Light (IPL) home use device for the removal of unwanted body hair. If used correctly it will provide long-lasting permanent hair reduction.

The Boots Smooth Skin system also gives you flexibility; you can use it when it's convenient for you.

How does the Boots Smooth Skin system work?

The Boots Smooth Skin system works by directing an extremely short, intense pulse of filtered light into the skin. The light is absorbed by the coloured pigments in and surrounding the hair and disables the hair follicle preventing hair re-growth.

The hair needs to be darker in colour than the skin so that the hair follicle absorbs light.

Using the Boots Smooth Skin system for typically 6 – 12 treatments will give the best results and help to achieve permanent hair reduction.

Do not use the Boots Smooth Skin system more than once a week on the same area.

What to expect when using the Boots Smooth Skin system

Every time you trigger the unit it emits a bright flash of light that is only visible at the head of the unit when pressed against the skin. For many people some discomfort is normal when using the Boots Smooth Skin system. At most you should expect a feeling of heat and tingling in the skin when triggering the light pulse followed by localised redness in the skin.

Results vary between individuals. However between 7 and 14 days after the first treatment you may start to notice hair has fallen out whilst washing in the bath or shower.

Some hair re-growth may occur and the new hair growth will be less dense, finer and lighter in colour than the original hair. This re-growth is perfectly normal and should be expected, hair removal will not be totally complete until after the full treatment period.

1. Before you start

When used properly the Boots Smooth Skin system will give excellent results in the permanent reduction of hair. It is a powerful system and needs to be used properly. It is not suitable for everyone and you should read the instructions fully before starting use to check whether it is suitable for you.

1. Please make sure you also read the warning and safety information on pages 6 – 8.

For further help and advice please contact larger Boots stores or visit www.boots.com/smoothskin or phone the Boots Careline on 0845 120 1511.

2. Warnings and Safety information

The Boots Smooth Skin system is not suitable for everyone.

Check the following warnings on pages 6 – 8 carefully to check it is suitable for you.

Always keep these instructions handy for future reference.

Incorrect use can lead to serious skin injury.

Remember to use an SPF30 fragrance-free sun lotion on the treated area after 24 hours for at least 2 weeks.

Skin type

WARNING DO NOT USE;

- If the skin to be treated is darker than the dark skin tone setting.
- If you have a parent or grandparent who is naturally dark skinned, for example of Indian, Pakistani, Black Caribbean, Black African or Bangladeshi descent, even if your skin tone is Fair, Medium or Dark on the Skin Tone chart. Darker skin tones absorb too much light during treatment which may cause serious skin injury.

2. The Skin Tone chart on page 2 should be used as a guide to identify if the Boots Smooth Skin system is suitable for use on your skin and which Skin Tone setting you will need to use to obtain the best results.
3. Remember to patch test a small area of skin (see section 3, page 10) and wait for 48 hours to ensure no adverse reactions occur in this time. Always conduct a new patch test before using the Boots Smooth Skin system on different areas of the body.

- The technology used in the Boots Smooth Skin system is based on that used in professional IPL equipment. Professional clinics offering IPL treatments use very sophisticated and expensive equipment with special power settings, light filtering systems and cooling programmes to enable safe treatment of all skin types including very sensitive and darker skin types that are usually extremely prone to photosensitivity. Please read the information on page 2 and section 1 and 2 of this user guide very carefully before starting a treatment.

- On areas that have been fake or naturally tanned in the last 30 days.

Tanned or fake-tanned skin

DO NOT use on areas of skin where a fake tan has been applied within the last 30 days.

DO NOT use if you have been sunbathing or using a tanning bed in the last 30 days.

DO NOT expose treated areas to the sun for at least 24 hours.

Areas not to treat

DO NOT use on pigmented or red birthmarks, brown or black spots on the skin such as large freckles, moles or warts or any area of skin you are applying medicine to.

DO NOT use on an area of recent surgery, deep peel, laser resurfacing, scars or skin that is damaged through burns or scalds.

DO NOT use on hair on the head, hair removal is usually permanent.

DO NOT use on tattooed areas of skin.

DO NOT use on dry or fragile skin caused by the use of chemical peels, glycolic peels, AHAs.

DO NOT use on nipples, areola or your genital parts.

DO NOT use near or around a mole, unless you cover the mole with white eyeliner using a white eyeliner pencil, white adhesive label (adhesive "dot") or use a piece of white card and treat round it.

DO NOT use on the same area of your skin more than once a week.

DO NOT use for at least 14 days following microdermabrasion treatment.

DO NOT use if you are already undertaking permanent hair removal treatments.

When not to use

DO NOT use on children or allow children to use this product, it is not a toy.

DO NOT use if pregnant or after pregnancy until your periods return.

DO NOT use if breast feeding.

DO NOT use during your period.

DO NOT use during times of stress or tiredness.

DO NOT use for at least 24 hours after heavy drinking.

DO NOT use in the same room as very young children or babies because the light, which escapes from the side of the unit in normal use, can be very bright and may cause them discomfort.

Medical warnings

If you have a medical condition or are taking any of the medicines described below, the Boots Smooth Skin system is not suitable for you.

DO NOT use if you have any of the conditions listed:

- Skin cancer or a history of skin cancer
- Acne in the areas you want to treat
- Psoriasis, eczema, dermatitis or red swollen skin in the area you want to treat
- Cold sores in the area you want to treat
- Varicose veins in the area you want to treat
- Diabetes
- Kidney disease
- Heart disease
- Thyroid problems
- Polycystic ovaries

DO NOT use if you have abnormal skin pigmentation for example Vitiligo or Albinism.

DO NOT use if you are taking medicines for:

- Cancer
- Heart disease
- Depression
- Hormone problems

DO NOT use if you have taken or used the following medicines for the treatment of acne or other skin conditions:

- Oral Isotretinoin (Roaccutane) in the previous 6 months
- Topical retinoids such as Tretinoin (Retin A) or Isotretinoin (Isotrex) in the previous 3 months
- Adapalene (Differin) in the previous 3 months
- Minocycline or other tetracycline-based medication in the previous 3 months

This is not an exhaustive list, if in doubt please seek medical advice.

2. Warnings and Safety information continued

Medical warnings continued

DO NOT use if you have used any medicines or products that have photosensitising properties in the last 3 months. Appendix A on page 26 contains a list of common medicines and products that may cause photosensitivity.

If you have a medical condition or you are taking medicines and are unsure about using the Boots Smooth Skin system, seek medical advice before use.

Electrical warnings

The Boots Smooth Skin system is designed for use in the UK and elsewhere in the world where the mains supply voltage is 100V to 240V AC 50/60 Hz. Use on other supply voltages may result in damage to the equipment.

After 50 shots in quick succession there is an automatic cooling delay of about a minute where the system will not respond—this is absolutely normal and nothing to worry about. This cooling delay is indicated by the 'READY' light flashing. When it glows constantly the unit is ready to use again.

After 200 shots within a 30 minute period there will be a 5 minute automatic cooling delay where the unit will not respond—this is absolutely normal and nothing to worry about. This cooling delay is indicated by the 'READY' light flashing. When it glows constantly the unit is ready to use again.

The unit will automatically go into STANDBY if not used for approximately 1 minute, and the green STANDBY light will come on. To use again press the STANDBY button.

Check that the voltage rating marked on the rating plate of the Boots Smooth Skin system corresponds to the actual supply voltage.

Check that your Boots Smooth Skin system is in good condition. Regular after use cleaning is essential to maintaining the Boots Smooth Skin system in optimum working condition.

DO NOT use if damage is found e.g. cracked case, handset cable damage (internal wires visible), cracked or badly chipped glass on the handset etc. Internal parts contain energy levels and voltages that are hazardous.

DO NOT use the Boots Smooth Skin system in a bathroom or near sinks or other vessels containing water. If the Boots Smooth Skin system becomes wet it should not be used.

DO NOT coil the power cable around the power supply during storage; this can lead to cable damage and early failure.

DO NOT pull the handset cable tight, bend it through very sharp angles or wrap it around the unit for storage, this may cause cable damage and early cable failure.

DO NOT use if either the base unit or hand unit become hot to touch.

DO NOT dismantle; the Boots Smooth Skin system contains no user-serviceable parts and internal energy levels and voltages are hazardous.

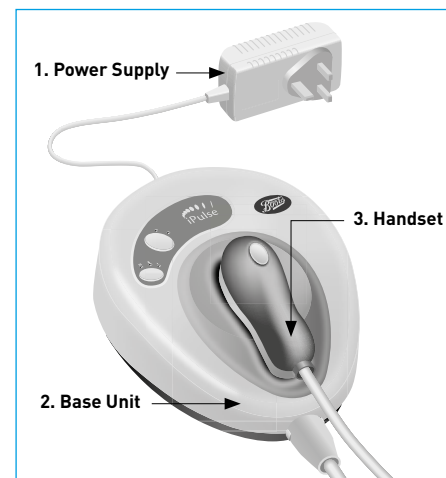
DO NOT use a power supply or any other accessory unless they are specifically approved and supplied for use with the Boots Smooth Skin system. Use of accessories, which are not approved, may be dangerous.

The Boots Smooth Skin system is designed to operate between 15 – 30°C.

ALWAYS unplug the Boots Smooth Skin system when not in use.

3. Getting ready for a treatment

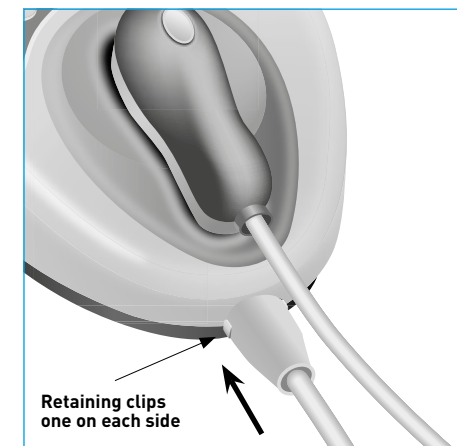
The Boots Smooth Skin system consists of three parts; the power supply, the base unit and the handset. Each time you use the Boots Smooth Skin system, inspect all parts of the system for damage. If damage is found it should not be used.



Set up the Boots Smooth Skin system

Place the base unit on a firm, flat surface.

The handset should be plugged into the base unit taking care not to damage the retaining clips and to fit the plug the correct way round.



Gathering together the essentials you may need

Before starting to use Boots Smooth Skin system you may find it useful to gather together some helpful bits and pieces.

You will need:

- Boots Smooth Skin Activator Gel

We recommend you keep this in the fridge so it's more cooling when you apply it to the skin.

We recommend you have to hand:

- SPF30 fragrance-free sun tan lotion
- Fragrance-free moisturising cream
- White eyeliner pencil
- White card or white sticky labels
- Spatula
- Tissues
- Towel

3. Getting ready for a treatment continued

The handset should be securely placed in its cradle on the base unit.

The power supply unit should be plugged into the base unit taking care that it is not plugged into the mains supply.

Plug the power supply into a suitable mains supply socket and turn the mains socket on. The 'STANDBY' light on the base unit will light together with the default skin type indicator 'DARK'.

Patch Testing your skin before using the Boots Smooth Skin system

Before starting, test your skin reaction to the Boots Smooth Skin system and Activator Gel on or as near as possible to the area you are planning to treat following the instructions in this section.

1. Prepare a small area of skin as described on page 10.
2. Check your skin tone using the Skin Tone chart on page 2.
3. Set the Boots Smooth Skin system to the appropriate skin tone—see section 4.
4. Apply a **thick** layer of refrigerated Activator Gel on to the area you are patch testing. **DO NOT** rub the gel into the skin. The gel will help minimise any discomfort and also aid in showing the areas treated.
5. Use the Boots Smooth Skin system and apply a single treatment to the patch test area—see section 4.
6. Turn the Boots Smooth Skin system off and clean the gel from the patch test area and the handset.
7. Follow the aftercare instructions on page 19.

Following the test wait at least 48 hours, checking the area regularly to see if you develop any reaction—see "What to expect when using the Boots Smooth Skin system" on page 5, "Possible adverse reactions" on page 18 and "Aftercare" on page 19.

Only conduct your first full treatment after checking you don't have a reaction to the Activator Gel or to the light pulse produced by the Boots Smooth Skin system.

The area where you have Patch Tested should not be treated for at least 1 week after the patch test.

Preparation for treatment

Ensure the area to be treated is clean and free from deodorants, perfume, make up or other creams and lotions.

Choose a location in your home away from other people because the small amount of light which escapes from the unit, when in use, is still very bright and can be a distraction.

For this reason we also recommend that you don't use the Boots Smooth Skin system in the same room as very young children or babies.

Select the area of your body that you want to treat with the Boots Smooth Skin system.

Using a razor, shaver or clipper, shave or trim the area to be treated. For best results hair should be no longer than 1 mm.

DO NOT epilate, wax or treat the area with hair removing creams because this may remove too much hair and stop the Boots Smooth Skin system from working effectively.

DO NOT point the handset at anyone or attempt to trigger the light pulse when the handset is not in full contact with the skin.

DO NOT look directly into the glass filter on the handset.

DO NOT block the cooling vents on the handset.

DO NOT use on skin not covered with the Activator Gel.

If you'd like to see a video on how to use the Boots Smooth Skin system you can see this at www.boots.com/smoothskin

4. Using the Boots Smooth Skin system

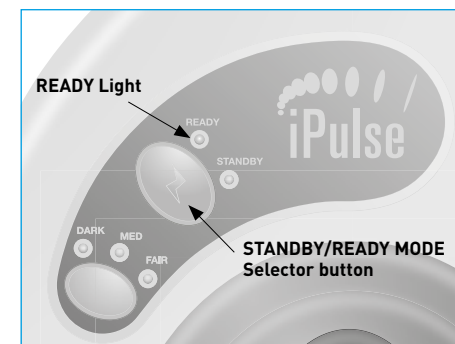
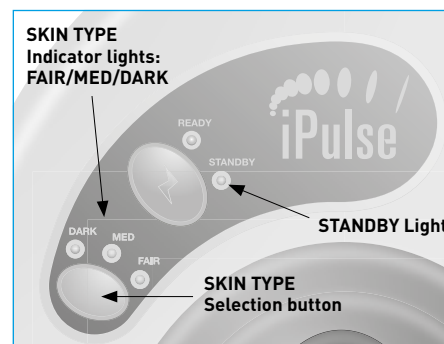
Before using the Boots Smooth Skin system you should have completed a Patch Test at least 48 hours previously to determine any sensitivity to the Activator Gel or the light pulse (page 10).

To start using the Boots Smooth Skin system prepare an area of skin for the treatment as described on page 10.

Using the Skin Tone chart on page 2, select the skin tone that best matches your skin colour and set the Boots Smooth Skin system to your selected skin tone—Fair, Medium or Dark. Dark skin absorbs more light than Fair, so the Dark setting is the gentlest setting. If you're not sure which setting matches your skin tone always use a darker, gentler setting.

Treat one area of the body at a time e.g. underarms, upper or lower legs and stop using if it becomes uncomfortable.

Once the Smooth Skin system has been set up as described in section 3, the 'STANDBY' light on the base unit should be lit together with the default skin type indicator 'DARK'.



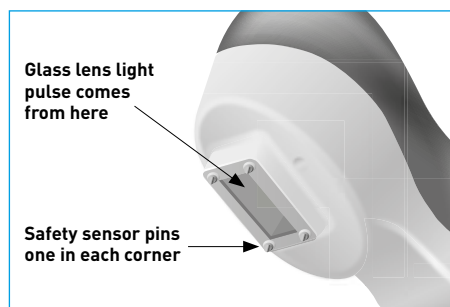
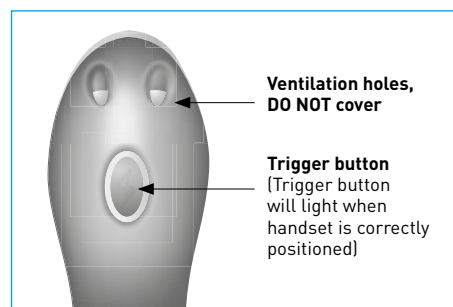
On the base unit, press and release the skin type selection button to toggle between the three different skin type settings, keep pressing until it matches your skin type.

Using your fingers or a spatula, cover the area of skin to be treated with a **thick** layer of cooled Activator Gel. Only apply to a small treatment area each time to prevent the gel being accidentally wiped off or drying before treatment. If the gel starts to dry out before you treat an area, it **MUST** be reapplied before treatment.

Dry your hands and press the STANDBY/ READY button to switch the unit from STANDBY to READY mode. The unit will take up to 10 seconds to charge; the READY light will flash during this time and will then glow constantly once the unit is ready to use.

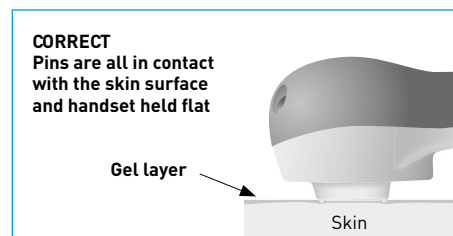
4. Using the Boots Smooth Skin system continued

Take the handset in one hand and place squarely on the skin over the area to be treated, making sure you don't cover the ventilation holes on the top of the handset.



When the handset is correctly positioned, and all four pins are in contact with the skin the trigger button on the handset will glow red.

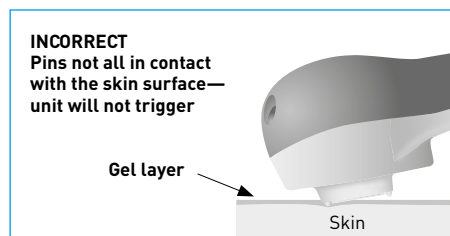
If the trigger button does not glow red this either means you need to apply more gel to the skin or all the four pins are not in contact with the skin.



You are now ready to treat the area. Look away from the handset to avoid the bright light and press the trigger button. You will hear a click and feel a warm sensation in the area being treated. You may also see a localised redness in the skin—this is normal.

Move the handset to the next area to be treated. You will need to wait for approximately 6 seconds for the unit to recharge before it is ready to trigger again. The 'READY' light flashes to show the unit is recharging. When the light glows constantly it's ready for use again.

During treatment wipe away any build up of gel from the handset with a tissue or cloth.



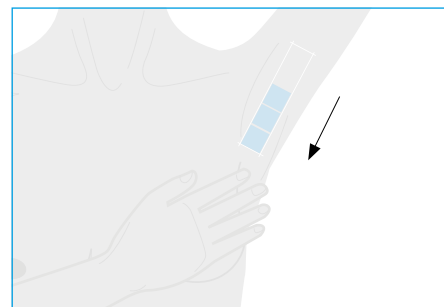
When you have finished treating an area press the READY/ STANDBY button to put the unit into STANDBY.

Use a tissue, towel or cloth to clean any excess Activator Gel from the bottom of the handset and the area you have treated and place the handset back on the base unit.

Make a note of the date, the area you have treated and the skin tone setting used, on the treatment record card provided on page 24 for future reference.

Note that up to 12 weekly treatments may be required for a full treatment to be completed.

Under arms



Check the skin tone of the area you're treating using the Skin Tone chart on page 2.

This is probably one of the easiest areas to start using the Boots Smooth Skin system and to learn how it works.

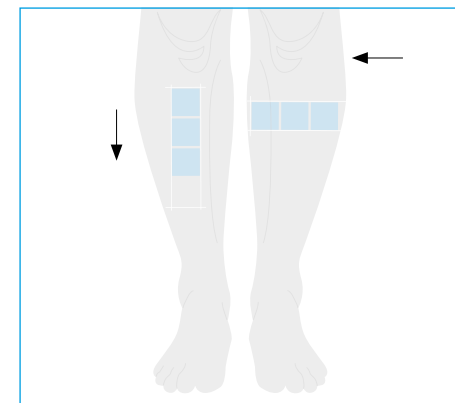
Some parts of the underarm can be sensitive, especially in the centre where hair growth is thickest.

Prepare the area as described in section 3 and remember to use the Activator Gel as directed.

Start by treating the hairs furthest from the centre of the underarm area, closest to the elbow, and move steadily towards the breast as shown, moving in straight lines and taking care not to treat any area more than once.

DO NOT use underarm deodorant for at least 24 hours after treatment.

Legs



Check the skin tone of the area you're treating using the Skin Tone chart on page 2.

Apply Activator Gel and treat small areas of the leg at a time. A useful tip when treating your legs is to use a very thin white eyeliner pencil to mark out straight lines to use as a guide.

You can work either up and down the leg or across and round the leg but we recommend you consistently use one method whichever is easiest for you.

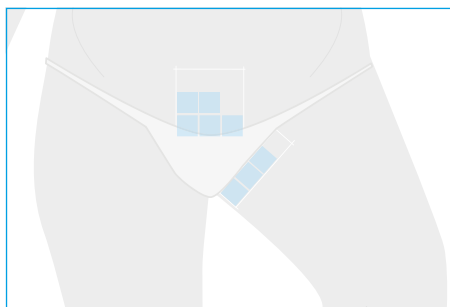
You may also notice that bony areas, the shin and ankle, are more sensitive.

Knees are better treated with the leg held out straight and not bent.

For more difficult areas you may require the help of another person to ensure correct coverage and prevent any area receiving overlapping treatments.

4. Using the Boots Smooth Skin system continued

Bikini line



Check the skin tone of the area you're treating using the Skin Tone chart on page 2.

One useful tip is to use white cotton underwear or a g-string as a guide to show you the line to follow.

Start from the edge of the hair growth and work towards areas where the hair is denser.

Avoid overlapping treatments. If necessary use a cooling gel pack, kept in the fridge and not frozen, to cool the area after treatment.

DO NOT use dark coloured underwear because this may absorb some of the energy from the light pulse.

DO NOT treat the delicate, highly sensitive areas such as the inner area of the vagina (known as the Labia Minora) as this is a mucous membrane and treatment will cause a serious adverse reaction.

DO NOT treat directly on the anus as this is also a mucous membrane and treatment to this area can cause serious adverse reaction.

Face and Neck

Avoid starting a treatment on your face when you know you will be exposing your face to sunlight in the following 24 hours. If you are going into the sun following a treatment take care to shade the treated area from direct sunlight using a hat or parasol.

Using the Boots Smooth Skin system to remove unwanted hair on your face is a slightly different process to that used for removing unwanted hair on your body, for this reason please read this section thoroughly before proceeding.

Before starting a treatment it is important to prepare your skin properly and complete a patch test to check your skin does not have a reaction to the Boots Smooth Skin system or the Activator Gel. See page 10 of the user guide for more information.

Skin on the face and neck is exposed to natural UV light daily, even when it's cloudy. When treating your face and neck, be sure to select the **DARK** skin tone setting on your Smooth Skin, this is the most gentle of the three settings.

DO NOT use other Boots Smooth Skin power settings when treating the face and neck as this may cause injury.

If you use a mirror to help you correctly position the handset when treating your face and neck, look away before firing because the flash is very bright.

After treatment avoid exposing the treated area to the sun for at least 24 hours. Use an SPF 30+ fragrance-free sun lotion regularly after 24 hours and for at least 2 weeks following the treatment.

DO NOT sun tan or use sun beds for at least 4 weeks after a treatment.

Protect any moles, birthmarks etc. or patches of sensitive skin in the treatment area using white card or thick white paper to cover the marks and reflect the energy of the flash.

Protect lips and the lip margin using white card or thick white paper to reflect the energy of the flash. White eyeliner pencil should be used to mask any permanent or semi-permanent lip liner on the lip margin.

Avoid overlapping treatments. If following a treatment the area is particularly sensitive, a cool compress may be soothing and a fragrance-free moisturising cream can be applied.

In the unlikely event that you see pigmentary changes in your skin (light or dark patches), stop using the Boots Smooth Skin on your face. Seek medical advice to determine the cause.

DO NOT treat the eye socket or around the eye area.

DO NOT use for eyebrow shaping. It is important to avoid accidentally treating the eyebrows as any hair loss is likely to be permanent.

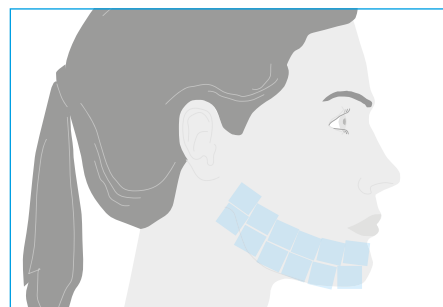
DO NOT treat the scalp, it is important to avoid accidentally treating the scalp because any hair loss is likely to be permanent.

DO NOT treat inside the nostrils (as these are delicate mucous membranes) or ears.

DO NOT use perfumed products or make up for up to 24 hours after a treatment as this may cause irritation.

Advice for women

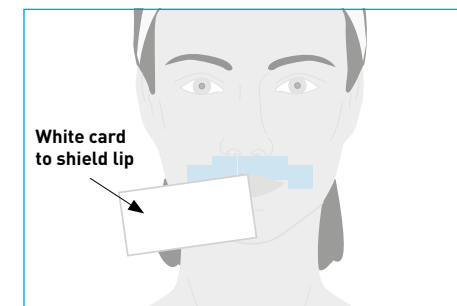
Treating the face, cheek and jaw.



A white eyeliner pencil can be used to mark out the treatment area, treatment should be carried out in a line from the ear, down the face and follow the jaw line as shown.

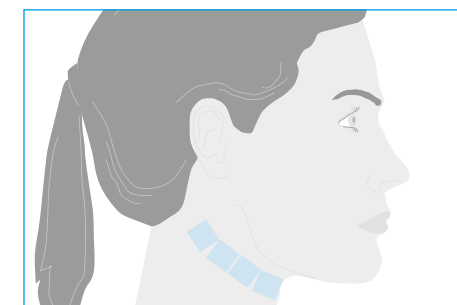
If necessary additional lines of treatment may be added until the required area has been covered. Take care not to overlap treatment areas.

Treating the upper lip



Take additional care when treating hair on the upper lip because the central area below the nostrils is particularly sensitive.

Treating the neck and chin



Hair growth under the chin can be denser and more coarse in nature and this can sometimes lead to slight reddening in the skin following a treatment. This redness is temporary and should completely disappear after 24 hours.

When treating this area take care not to overlap treatments because this can lead to skin irritation.

4. Using the Boots Smooth Skin system continued

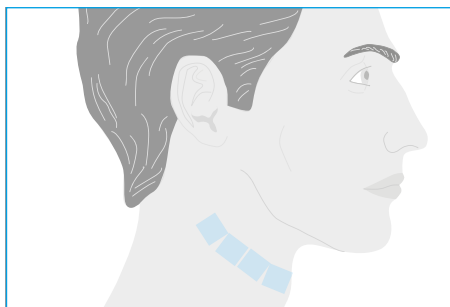
Advice for men

Treating the face, cheek and jaw.

The Boots Smooth Skin system can be used to remove patches of hair that can appear high on the cheek. Take care not to overlap treatments because this can lead to skin irritation.

Please note: Treatment with the Boots Smooth Skin system is usually permanent and complete removal of the male beard is not advisable and will produce changes in facial characteristics, which may lead to a more feminine appearance.

Treating the neck



The Smooth Skin system can be used to reduce the hair growth on the neck where shirt collars rub and can lead to soreness following shaving.

Body

Check the skin tone of the area you're treating using the Skin Tone chart on page 2.

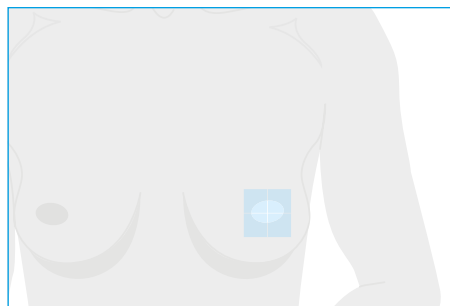
Unwanted hair growth in females can occur in the centre of the chest, between the breasts, and more commonly in areas around the nipple area.

In males, unwanted hair growth is usually more general across the chest but the same techniques should be followed.

Take care when treating the area between the breasts as the chest bone is close to the skin's surface and this area may be sensitive.

The upper chest area is often tanned and may be sun-damaged and therefore you should use the Skin Tone chart to re-assess the skin type and adjust the skin tone setting on the Boots Smooth Skin system base unit accordingly.

On the breast



Cover up all of the areola and nipple area using a shield. White adhesive labels may be cut to shape and used for this job.

DO NOT treat any of the dark skin.

With the nipple safely protected, the whole area may be treated in rows placing the handset over the protected area to ensure that all the hairs are effectively treated.

Back

Check the skin tone of the area you're treating using the Skin Tone chart on page 2.

Backs can be treated, but the treatment will require the help of another person to ensure correct coverage and prevent any area receiving overlapping treatments.

It is often useful to mark out the area to be treated with gridlines using a very thin white eyeliner pencil. It is best to work in "zones" to avoid missing areas.

Care should be taken when treating bony areas because the bone is close to the skin's surface making it more sensitive.

Arms

Check the skin tone of the area you're treating using the Skin Tone chart on page 2.

Arms, and particularly the lower arms, are often tanned and may be sun-damaged. You should wait 30 days after the last exposure to the sun before treatment.

If required, mark out the areas to be treated using a very thin white eyeliner pencil.

You can treat around the elbow or wrist but care should be taken when treating bony areas because the bone is close to the skin's surface making it more sensitive.

During use

After 50 shots in quick succession there is an automatic cooling delay of about a minute where the system will not respond—this is absolutely normal and nothing to worry about. This cooling delay is indicated by the 'READY' light flashing. When it glows constantly the unit is ready to use again.

After 200 shots within a 30 minute period there will be a 5 minute automatic cooling delay where the unit will not respond—this is absolutely normal and nothing to worry about. This cooling delay is indicated by the 'READY' light flashing. When it glows constantly the unit is ready to use again.

The unit will automatically go into STANDBY if not used for approximately 1 minute, and the green STANDBY light will come on. To use again press the STANDBY button.

If the handset starts to feel uncomfortably warm or hot against your skin during use, place the handset back on the cradle and switch the Smooth Skin system to Standby mode. Without turning the Smooth Skin system off, leave the handset to cool down before continuing with the treatment.

5. Possible adverse reactions

Most people will experience some discomfort (heat or redness of the skin) when using the Boots Smooth Skin system, and this is normal. You may feel heat and tingling when triggering the light pulse followed by localised redness in the skin. This type of reaction usually disappears after 24 hours and is not a side effect that needs any action.

Side effects are usually immediate or appear within 24 hours. In rare cases it may take up to 72 hours to appear.

OTHER EFFECTS AND WHAT TO DO IF YOU GET THEM

| EFFECT | WHAT TO DO IF YOU GET THEM |
|---|--|
| Strong pain in the area being treated | Stop treatment immediately, cool the affected area with cooling gel packs and apply fragrance-free moisturiser. If the pain lasts longer than 24 hours seek medical advice. |
| Itching of the treated area | Cool the skin and apply pure Aloe Vera gel. If itching continues past the first 24 to 48 hours seek medical advice. |
| Heat and redness of the skin which continues after the first 24 hours | Continue to cool the affected area with cooling gel packs, apply fragrance-free moisturiser. If there is no improvement in the next 24 hours seek medical advice. |
| Blistering or burning of the skin | Cool the area with cooling gel packs. Seek medical advice immediately. |
| Swelling, fragile skin, bruising | Continue to moisturise the area and protect it from sunlight. Use a fragrance-free SPF30 sun cream. |
| Changes to the pigmentation (colour) of the skin in the area treated | Your skin pigment should return to normal in time. |

6. Aftercare

Avoid exposing a treated area to the sun for 24 hours and then apply a fragrance-free SPF30 sun lotion to the area. Continue to protect the skin with SPF30 throughout the treatment and for 2 weeks after each treatment.

After treatment has started you should:

- Keep area clean and dry
- Drink lots of water to keep skin hydrated

DO NOT

- handle the treated area roughly
- take hot baths, showers, or use steam rooms and saunas for 24 hours after treatment. However, you can take a cool shower or wash with cool water
- swim for 24 hours after treatment

- take part in contact sports for 24 hours after treatment
- wear tight fitting clothing over the treated area
- sunbathe, use a sunbed or fake tan during the treatment and for at least 2 weeks after the last treatment
- depilate (waxing, plucking, threading or creams) during the treatment—shaving is acceptable as long as you avoid shaving for 24 hours after each treatment

- use bleaching creams or perfumed products for 24 hours after treatment

- scratch or pick at the treated area

Any of the above may cause hypersensitivity in the treated areas.

7. Cleaning the Boots Smooth Skin system

For best results the handset of the Boots Smooth Skin system should be regularly cleaned during use to prevent the build up of gel and the whole system inspected and cleaned after each treatment.

Before cleaning, the Boots Smooth Skin system must be disconnected from the mains supply.

Clean the outside of the unit and handset using a damp, not wet, cloth and dry thoroughly before using.

DO NOT

- immerse in water
- use petroleum based or flammable cleaning agents because of the risk of fire
- use abrasive cleaning agents

The handset cradle can be removed from the base unit and cleaned separately but must be dried thoroughly before being refitted.

Take care not to scratch or chip the glass block on the handset as scratches and chips can reduce the effectiveness of the unit. If the glass block is cracked or broken the unit must not be used.

8. Troubleshooting

ALWAYS READ THESE INSTRUCTIONS FULLY BEFORE OPERATING THE BOOTS SMOOTH SKIN SYSTEM

The following troubleshooting guide should be used initially to try to solve any problems you may experience with the Boots Smooth Skin system.

If you have followed the instructions in this section and are still unable to resolve your problem please ask at larger Boots shops stocking this item, visit www.boots.com/smoothskin or call the Boots Careline on 0845 120 1511.

Please note that smaller Boots shops may not be able to help.

Because of the special nature of the light, the flash tube in the Boots Smooth Skin system handset has a lifetime expectation of 10,000 pulses before the light quality falls below acceptable levels. After this number of flashes the handset will not operate and the unit must be returned for a chargeable service and to have a new flash tube fitted.

PROBLEM: The lights on the Boots Smooth Skin Control Panel are not lit up.

Make sure that the power supply is plugged in and switched on at the wall.

Ensure that the power lead to the Boots Smooth Skin system base unit is plugged in fully and that the handset lead is securely connected at the front of the base unit.

Check that the fuse or circuit breaker in the mains supply has not blown.

After 50 shots in quick succession there is an automatic cooling delay of about a minute where the system will not respond—this is absolutely normal and nothing to worry about. This cooling delay is indicated by the 'READY' light flashing. When it glows constantly the unit is ready to use again.

After 200 shots within a 30 minute period there will be a 5 minute automatic cooling delay where the unit will not respond—this is absolutely normal and nothing to worry about. This cooling delay is indicated by the 'READY' light flashing. When it glows constantly the unit is ready to use again.

The unit will automatically go into STANDBY if not used for approximately 1 minute, and the green STANDBY light will come on. To use again press the STANDBY button.

PROBLEM: The Boots Smooth Skin system doesn't work on small areas.

For safety reasons, if the area to be treated is too small for all four contact pins on the handset to make positive contact with the skin the Boots Smooth Skin system will not emit a pulse of light.

PROBLEM: My Boots Smooth Skin system base unit or handset appears to be broken, cracked or defective.

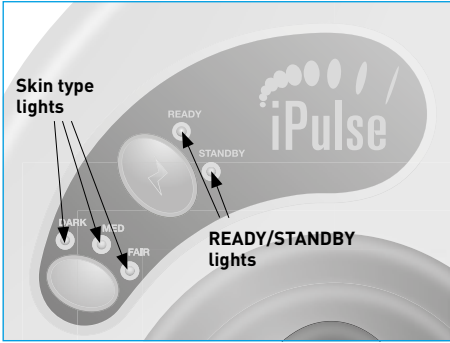
Do not use if the base unit, handset or connecting cable are damaged or if the power supply is damaged. If you are in any doubt about the safety of the Boots Smooth Skin system or suspect it is damaged in any way it must not be used.

Please ask at larger Boots stores stocking this item, visit www.boots.com/smoothskin or call the Boots Careline on 0845 120 1511.

Please note that smaller Boots stores may not be able to help.

PROBLEM: The lights on the Boots Smooth Skin Control Panel are ON or FLASHING in a strange pattern.

This means that the Boots Smooth Skin system is self-testing and will display any error messages through combinations of lights on the control panel. The table below explains what these light combinations mean.



| READY / STANDBY LIGHTS | | SKIN TYPE LIGHTS |
|---|---------------------------|--|
| Both ON continuously | All three ON continuously | The handset has fired 10,000 shots and must be replaced |
| Both ON continuously | All OFF | The handset is not connected or the connection is incorrectly made |
| READY and STANDBY lights flashing alternately | Any combination | The unit is damaged and should be returned for repair |

9. Technical specification

The Boots Smooth Skin system (Item code 54-88-702) is a 'filtered broadband intense pulsed light' system with the following technical specification:

Light Pulse Wavelengths

limited to between: 530 – 1100 nm

Electrical protection: class II

Ingress Rating:

IPX0—the system is not protected against the ingress of liquids

Pulse duration and Energy density from applicator:

Fair Skin setting: 25 ms single square pulse 10 J/cm²

Medium Skin setting: 40 ms double pulse (15 ms on, 10 ms off, 15 ms on) 10 J/cm²

Dark Skin setting: 60 ms double pulse (10 ms on, 40 ms off, 10 ms on) 7 J/cm²

Pulse repetition rate:

6 seconds—manual trigger

Treatment area (spot size):

3 cm² (12 mm X 25 mm)

This product does not exceed the optical radiation limits regarding exposure of the eye or skin that is expected to result in adverse health effects according to BS 8497-2:2008.

The system includes a safety system and needs contact with skin covered in a layer of suitable Activator Gel in order to operate correctly. Use only gels specifically designed for use with the Boots Smooth Skin system. Other gels or creams should not be used.

COOLING:

Base: no cooling

Handset: fan-assisted air cooling

APPROVAL:

Designed and manufactured to comply with

EN 50366:2003

EN 55014-1:2006

EN 55014-2:1997 + A1:2001

EN 61000-3-2:2006

EN 610003-3:1995

IEC 60335-1:2001 + A1:2004 + A2:2006

IEC 60335-2-23: 2003

EN 60950-1:2001 + A11:2004

Disposal (end of life)

A new law in force from July 2007, dealing with Waste Electrical and Electronic Equipment (WEEE), will mean that you'll need to dispose of this product at a collection facility instead of putting it in domestic waste. The collection facility will send this product for recycling to help to save resources and minimise the effects on the environment.

Your local council or Boots shop will be able to tell you where your nearest facility is situated. To remind you, all new products are now marked with the symbol shown.



Warranty

In addition to your statutory rights, The Boots Company PLC agrees that if any defect in materials or workmanship appears in the product within two years after the original date of consumer purchase it will repair or, at its option, replace the product free of charge.

This applies only if the product has been used for domestic purposes and has not been damaged through misuse, accident or neglect and has not been modified or repaired by anyone other than Boots or its authorised agents.

If a defect appears, please check that the article is being used in accordance with the instructions. If so, return it with this warranty and proof of purchase to your nearest Boots store which stocks this article or similar articles, as soon as possible. Boots reserves the right to modify this product without notice. This does not affect your statutory rights.

10. Treatment record card

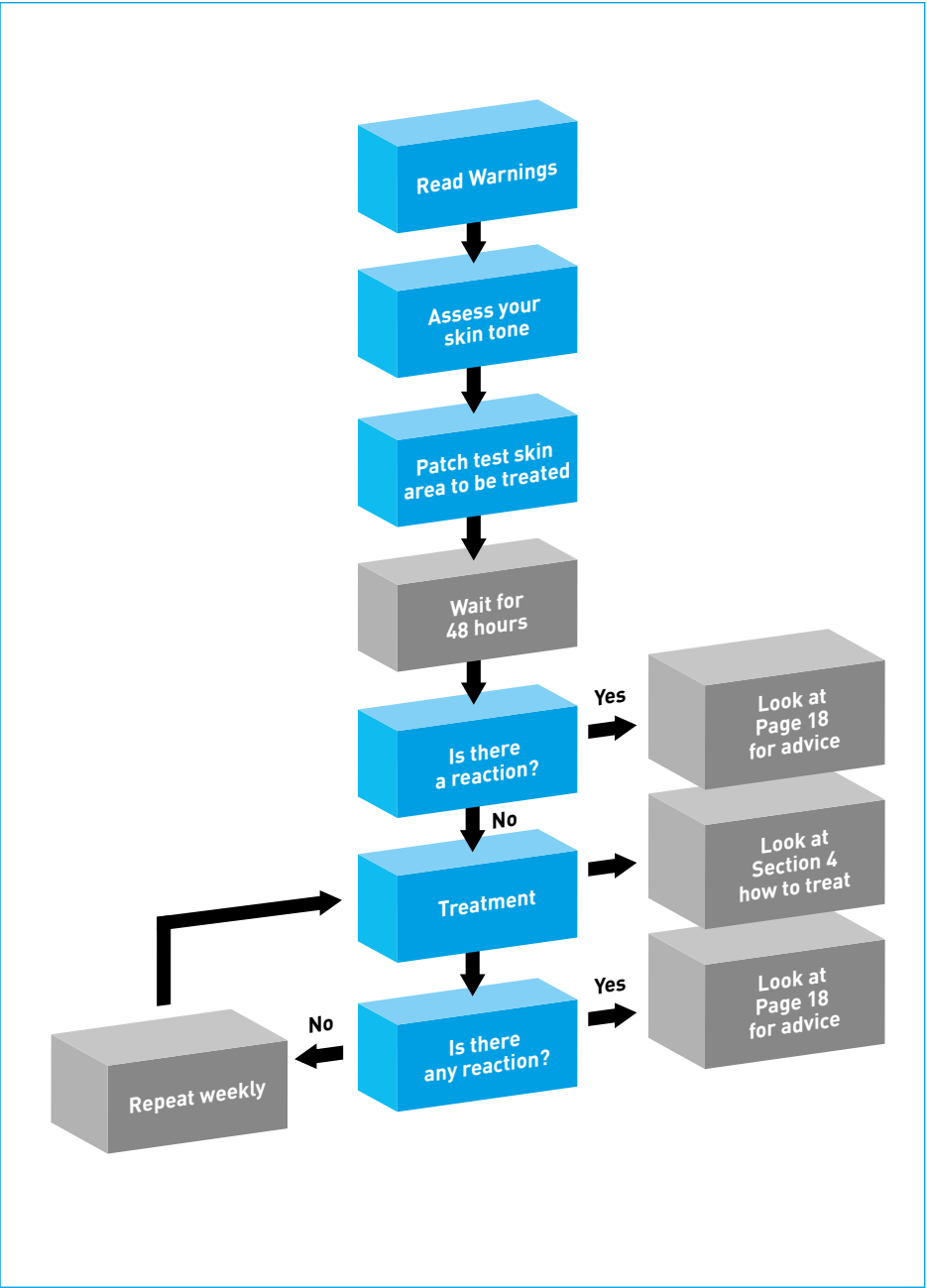
| | | | |
|-------|------|--------------|-------------------|
| Name: | | | |
| No. | Date | Area Treated | Skin Tone Setting |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |

| | | | |
|-------|------|--------------|-------------------|
| Name: | | | |
| No. | Date | Area Treated | Skin Tone Setting |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |

| | | | |
|-------|------|--------------|-------------------|
| Name: | | | |
| No. | Date | Area Treated | Skin Tone Setting |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |

| | | | |
|-------|------|--------------|-------------------|
| Name: | | | |
| No. | Date | Area Treated | Skin Tone Setting |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |

Summary diagram



Appendix A

DO NOT use the Boots Smooth Skin system if you take the following medicines or products.

These medicines or products may cause photosensitivity. Photosensitivity is a skin reaction that happens when you are exposed to light.

If you take medicines that are not listed in this table, check the leaflet that comes with them to see if photosensitivity is listed as a side effect (it may be described as a skin rash which worsens when exposed to the sun, or similar phrase).

If your medicine or product is not mentioned here and you are unsure about using the Boots Smooth Skin system please seek medical advice

The list is arranged by the active ingredient name of the medicine (check the label and leaflet of your medicine to find this). To help you identify medicines that you may be using we have grouped them by the conditions that they are used to treat.

MEDICINES FOR CANCER

Fluoruracil

Methotrexate

MEDICINES FOR HEART OR BLOOD VESSEL PROBLEMS

Amiloride/Cyclopentiazide (Co-amilozide)

Amiodarone

Bendroflumethiazide (Bendrofluazide)

Captopril

Ciprofibrate

Diltiazem

Enalapril

Felodipine

Flecainide

Furosemide (Frusemide)

Hydrochlorothiazide

Indapamide

Lisinopril

Nifedipine

Quinidine

Simvastatin

Sotalol

Verapamil

MEDICINES FOR ANXIETY, DEPRESSION, SCHIZOPHRENIA, INSOMNIA AND OTHER MENTAL HEALTH CONDITIONS

Alimemazine (Trimeprazine)

Amitriptyline

Chlordiazepoxide

Chlorpromazine

Citalopram

Clomipramine

Dosulepin (Dothiepin)

Fluoxetine

Flupentixol

Fluvoxamine

Haloperidol

Nortriptyline

Olanzapine

Paroxetine

Prochlorperazine

Sertraline

St Johns Wort

Thioridazine

Trifluoperazine

Venlafaxine

MEDICINES FOR SKIN CONDITIONS SUCH AS ACNE OR PSORIASIS

Acitretin

Azelaic acid

Co-cyprindiol (Diannette)

Isotretinoin

Psoralens

Tretinoin

MEDICINES FOR DIABETES

Gliclazide

Tolbutamide

MEDICINES TO TREAT BACTERIAL, FUNGAL OR VIRAL INFECTIONS

Aciclovir

Ciprofloxacin

Co-trimoxazole

Doxycycline

Griseofulvin

Isoniazid

Lymecycline

Minocycline

Nalidixic acid

Norfloxacin

Ofloxacin

Oxytetracycline

Sulphonamides

Terbinafine

Tetracycline antibiotics

Appendix A

| MEDICINES FOR PAIN RELIEF AND SWELLING, INCLUDING INFLAMMATORY AND RHEUMATOID CONDITIONS |
|--|
| Celecoxib |
| Diclofenac |
| Etanercept |
| Felodipine |
| Gold |
| Ibuprofen |
| Indometacin (Indomethacin) |
| Mefenamic acid |
| Meloxicam |
| Naproxen |
| Piroxicam |
| Sulphasalazine |
| Tolfenamic acid |
| MEDICINES TO TREAT ALLERGY |
| Chlorphenamine (Chlorpheniramine) |
| Ciproheptadine |
| Diphenhydramine |
| Promethazine |
| MEDICINES TO TREAT OR PREVENT MALARIA |
| Chloroquine |
| Quinine |
| MEDICINES FOR EPILEPSY |
| Carbamazepine |
| Phenytoin |

| MEDICINES FOR STOMACH PROBLEMS |
|--|
| Esomeprazole |
| Lansoprazole |
| Mebeverine |
| Omeprazole |
| Pantoprazole |
| OTHER MEDICINES FOR VARIOUS CONDITIONS |
| Alendroic Acid (Alendronate) |
| Betahistine |
| Prochlorperazine |
| Botulinium toxin (Botox) |
| Collagen Injections |
| Glucosamine |
| Vitamin A |
| Evra Contraceptive Patch |
| Oxybutynin |
| Tacrolimus |

Appendix B—Skin Tone Questionnaire

The table below contains a simple list of questions, which are designed to help you identify your skin tone more accurately.

Answer each question in the left-hand column and place one score in the box to the right that most accurately describes you.

For answers in column 0, score 0.

For answers in column 1, score 1.

For answers in column 2, score 3.

For answers in column 3, score 3.

For answers in column 4, score 4.

Add together the scores in each column and put the total in the box at the bottom of the column.

Add together the total in each column and write the result in the box under the table marked **Total Score**.

| | 0 | 1 | 2 | 3 | 4 |
|--|------------------------------------|-------------------------------------|--|--------------|--------------------------|
| What's your eye colour? | Light blue, grey or green | Blue, grey or green | Dark blue, grey or green, Light brown or hazel | Dark brown | Brownish black |
| Natural hair colour in area of treatment? | Sandy Red | Blonde | Dark blonde, chestnut, or light brown | Brown | Black |
| Your natural skin colour in unexposed areas? | Reddish | Pale | Beige or olive | Brown | Dark brown |
| How many freckles do you have in unexposed areas? | Many | Several | Few | Hardly any | None |
| If you stay in the midday sun without sunscreen, what happens? | Painful redness, blisters, peeling | Mild blistering followed by peeling | Sometimes burns with mild peeling | Rarely burns | Never burns |
| Do you turn brown after being in the sun? | Never | Seldom | Sometimes | Often | Always |
| How brown do you get? | Not brown at all | Light Tan | Medium tan | Dark tan | Very dark tan |
| Is your face sensitive to the sun? | Very sensitive | Sensitive | Normal | Resistant | Never have a problem |
| How often do you tan? | Never | Seldom | Sometimes | Often | Always |
| When was your last tan? | + 3 months ago | 2 – 3 months ago | 1 – 2 months ago | Weeks ago | Within the last few days |
| TOTAL FOR EACH COLUMN | 0 | | | | |

Total Score (adding together all the column totals)

Use the total score to determine your Fitzpatrick Skin Type using the table below.

Your Fitzpatrick Skin Type is used to assess the correct setting you should use on the Smooth Skin system (Dark, Medium or Fair) or whether your skin tone is too dark to use the device.

| TOTAL SCORE FROM ABOVE | FITZPATRICK SKIN TYPE | BOOTS SMOOTH SKIN SETTING |
|------------------------|-----------------------|---------------------------|
| 0 - 7 | Type I | Fair |
| 8 - 16 | Type II | Medium |
| 17 - 25 | Type III | Dark |
| 26 - 30 | Type IV | DO NOT USE |
| Over 30 | Type V, VI | DO NOT USE |

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Smooth Skin

intense pulsed light permanent hair reduction

The Boots Company PLC, Nottingham England NG2 3AA

www.boots.com

For help and advice, please visit www.boots.com/smoothskin
or phone the Boots Careline number: 0845 120 1511.

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